



## **TOTAL BODY CIRCUIT TRAINING!**

(Outdoors!) Offered by: Snap Fitness & Gear West Ski & Run

*Interested in a improving aerobic fitness, core strength and losing weight?!*

*Join us!*

**Where and When?** Monday mornings 9:00am-10:00am @ Orono School playground (behind IS building). Six week program. **June 1st – July 6th**

**Cost?** \$75/6 week session. Only \$12.50 per personal workout! Includes free motivation and a lot of laughing! (How can a group of motivated interesting women not have fun together?)

**Who will teach?** Katie McGinty. **Trainer at Snap Fitness.** Her expertise includes plyometrics, bodyweight training, fitness band work, proprioception, and concocting outstanding granola. She will lead you through a butt-kicking workout, replete with crazy jungle gym exercises and lots of laughter for the abdominals.

**Who will contribute?** Jan Guenther. Owner Gear West Run/XC Ski & Soccer. Has a lot of experience (because she is WAY older than Katie) in running, xc skiing, triathlons , paddling and just trying to stay fit among juggling work and kids!

**Extra Benefits!** Some nice discounts at Gear West Run & Soccer and at the new Buckhorn Clothing Co.

A roof over everyone's head if it is bad weather....because we can just meet at SNAP FITNESS if it is raining!

**Extra Details?** We need a minimum of 6 women . Come on Gals! Who likes to do strength on their own? This is a great way to make it fun and learn how to combine light jogging and an outdoor playground into an effective **Total Body Circuit workout!** You will learn a lot of creative ways to increase power and strength that makes life way more interesting than watching a boring Jane Fonda CD.

**How Do I Sign Up This MINUTE?** Lots of ways:

-Stop in Snap Fitness or Gear West Ski & Run (faces west vs the bike store which faces east). Both business located in Long Lake

-Sign up ON-LINE at [www.gearwest.com](http://www.gearwest.com)

-Send attached form to: Gear West Ski & Run 1786 W Wayzata Blvd Long Lake, MN 55356

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NAME: \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

PAYMENT: CHECK \_\_\_\_\_ CREDIT CARD \_\_\_\_\_

CREDIT CARD # \_\_\_\_\_ EXPIRATION \_\_\_\_/\_\_\_\_

SIGNATURE \_\_\_\_\_

ANY COMMENTS? \_\_\_\_\_

SEND TO: Gear West 1786 W Wayzata Blvd #B Long Lake, MN 55356

FAX 952/473-4460 PHONE 952/473-0377 [www.gearwest.com](http://www.gearwest.com)

Questions?



Email Jan at [gearwest@gearwest.com](mailto:gearwest@gearwest.com)

Katie at [longlake@snapfitness.com](mailto:longlake@snapfitness.com)